



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09127, Grapefruit juice, pink or red, with added calcium

Report Date: June 30, 2017 06:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 240g
Proximates					
Water	g	90.00	--	--	216.00
Energy	kcal	38	--	--	91
Energy	kJ	158	--	--	379
Protein	g	0.50	--	--	1.20
Total lipid (fat)	g	0.10	--	--	0.24
Ash	g	0.71	--	--	1.70
Carbohydrate, by difference	g	8.69	--	--	20.86
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	8.33	--	--	19.99
Minerals					
Calcium, Ca	mg	146	--	--	350
Iron, Fe	mg	0.20	--	--	0.48
Magnesium, Mg	mg	12	--	--	29
Phosphorus, P	mg	15	--	--	36
Potassium, K	mg	162	--	--	389
Sodium, Na	mg	1	--	--	2
Zinc, Zn	mg	0.05	--	--	0.12
Copper, Cu	mg	0.033	--	--	0.079
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	25.0	--	--	60.0
Thiamin	mg	0.040	--	--	0.096
Riboflavin	mg	0.020	--	--	0.048

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 240g
Niacin	mg	0.200	--	--	0.480
Vitamin B-6	mg	0.044	--	--	0.106
Folate, total	µg	11	--	--	26
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	26
Folate, DFE	µg	11	--	--	26
Choline, total	mg	6.4	--	--	15.4
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	22	--	--	53
Retinol	µg	0	--	--	0
Carotene, beta	µg	262	--	--	629
Carotene, alpha	µg	1	--	--	2
Cryptoxanthin, beta	µg	2	--	--	5
Vitamin A, IU	IU	440	--	--	1056
Lycopene	µg	1189	--	--	2854
Lutein + zeaxanthin	µg	4	--	--	10
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.26
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.014	--	--	0.034
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.012	--	--	0.029
18:0	g	0.001	--	--	0.002
Fatty acids, total monounsaturated	g	0.013	--	--	0.031

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 240g
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.012	--	--	0.029
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.024	--	--	0.058
18:2 undifferentiated	g	0.019	--	--	0.046
18:3 undifferentiated	g	0.005	--	--	0.012
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0